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INTRODUCTION TO SPRINTING

UPDATED FOR 2017

Sprinting is a race against the clock held mostly on race circuits and specialised sprint tracks such as Curborough. Cars start singly and are timed by electronic equipment accurate to 100th of a second. Cars compete in classes relative to their design, engine capacity and any modifications. Classes start with standard saloon cars and go through to Formula 1 type racing cars. This allows you to compete against cars of equal standing, so everyone has a chance of winning their class, with a special trophy for the overall fastest time of the day.

In the following pages we will endeavour to provide all the necessary information to prepare yourself and your car for a Sprint Meeting.

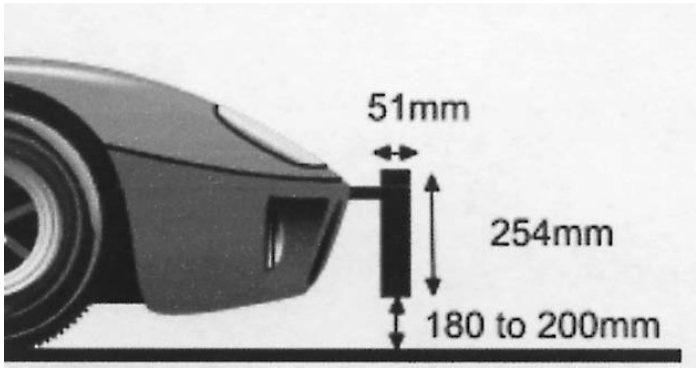
In order to compete in sprints there are certain requirements laid down by the Motor Sports Association (MSA) who govern all motorsport in this country. Firstly you will need to join an MSA affiliated car club (preferably Shenstone & District Car Club Ltd), you can then apply for an MSA Competition Licence, which is required in order to compete. Mandatory safety measures include the need for a Crash Helmet and Fire Resistant Overalls and Gloves, both to minimum requirements.

The next stage is to get your car prepared to the minimum standards in order to pass scrutineering. A scrutineer will check your car over at the beginning of every meeting to ensure that it complies with the necessary safety regulations.

PREPARING YOUR CAR

Timing strut

To enable your car to be timed it is mandatory for you to fit a timing strut (more commonly known as a beam breaker) to the front of your car.



MSA Rule S.10.9:
Timing Struts – where timing is activated by a light beam, the vehicles will be fitted at the front with a vertical timing strut, minimum vertical height 254mm, the bottom of which shall be not less than 180mm and no more than 200mm from the ground. The strut will be in matt black on both sides, over its total area, which shall be not less than 254mm by 51mm. No other, or further forward, part of the vehicle may interrupt these dimensions or actuate the timing.

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SCRUTINEERING

It would be impossible for us to list every detail necessary to get your car through scrutineering; we shall however list the main points which will help you to prepare your car to the necessary standards.

The first thing to remember is that the scrutineer's job is to check your car for anything that might make it unsafe for motorsport, i.e. loose wheel bearings, worn steering or suspension etc. (very similar to an M.O.T. test).

All cars competing in Hillclimbs or Sprints must have a valid MSA Log Book unless the car is currently licensed for use on the public highway and competing in the event in a road legal condition (S.9.1.7).

Log Books are available from Nat A and Nat B Grade Scrutineers.

They will also be checking many other points such as:

Driver's seat must be securely fixed.

Must have Ignition Cut-off Switch with "On-Off" position clearly marked and must be operable by the driver when normally seated with seat belts secured.

Competition numbers must be displayed clearly on a contrasting background on both sides of the car (S.9.2.5) to the satisfaction of the Chief Timekeeper.

Greater technical specification is given in the MSA Yearbook.

It would be prudent to have your car inspected by a scrutineer before your first event in time for you to rectify any problems that might arise.

ALL OF THE ABOVE IS ONLY A GUIDELINE AND MUST BE USED IN CONJUNCTION WITH THE CURRENT MSA YEARBOOK.

HOW TO GET AN MSA COMPETITION LICENCE

Having already joined an MSA affiliated Car Club, you can obtain a licence application form from the address below:

THE MOTOR SPORTS ASSOCIATION LTD.
MOTOR SPORTS HOUSE,
RIVERSIDE PARK,
COLNBROOK,
SLOUGH SL3 0HG
Telephone: 01753 765000
Website: www.msauk.org

There are basically two types of licence applicable to sprinting.

Non Race National B costing £43.00

This will allow you to enter most sprints and hillclimbs with the exception of the higher grade National A events.

Speed National A (£90.00)

This allows you to enter all types of sprints and hillclimbs but cannot be applied for straight away. You must upgrade from a National B.

NOTE:

For a driver to compete in a Racing or Sports Libre car manufactured after 31/12/60 of more than 2000cc (or 1428cc if forced induction) he/she must hold a Speed National A (OPEN) or Race National A Licence (H16), unless the car is currently licensed for use on the public highway and competes in the event in a road legal condition (S7.1.5).

When you receive your licence you will also get a copy of the MSA YEARBOOK which gives the technical specifications for all types of motorsport. This book is often called the BLUE BOOK and we will be referring to some of the relevant sections as appropriate.

HELMETS

For full type approval see Section (K10) of the latest MSA Yearbook.

A crash helmet must be worn during competition and it must conform to certain criteria, including having the current MSA approval sticker. Stickers are usually supplied by an MSA Scrutineer for a small fee.

Please remember the following when buying or using a helmet:

(a) Correct Standard
(b) Correct Fit
(c) Security
(d) Condition
(e) Fittings for Frontal Head Restraint (FHR) where required

OVERALLS

Clean, flame resistant overalls and gloves must be worn which can be manufactured from Nomex III, Proban or equivalent materials. For full specifications see section K9 of the current MSA Yearbook.

Although not yet mandatory, flame resistant socks, balaclavas and underwear are STRONGLY recommended. Goggles or a visor must be worn at all times unless in a closed vehicle.

GWYNLE B&B

Proprietor: Amelia Mayo
12 Tanygrisiau, Criccieth
01766 522529 / 07973 756296
www.gwynle.vpweb.co.uk
bookings@gwynle.vpweb.co.uk

Situated 300m from the beach in Criccieth, North Wales, Gwynle is a home from home. Run by Amelia and Pam Mayo, all rooms have their own facilities, tea and coffee making equipment, wi-fi, TV and DVD.
Criccieth, known as The Pearl of the Cambrian Coast, is within easy driving distance of Snowdonia National Park and the Llyn Coastal Path. Both offer outstanding areas of natural beauty and many interesting walks. There are lots of restaurants in Criccieth offering a wide range of cuisine, all of a high standard.
Curborough users get a 10% discount – call 01766 522529 / 07973 7566296 to check availability. We look forward to welcoming you.

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HOW TO ENTER AN EVENT

After deciding which event you want to enter and ensuring that your car club is invited, you must obtain a set of Entry Regulations. These can be obtained from either your own, or the organising club's Competition Secretary, or via the club's website.

Having filled in the entry form and sent it off with the appropriate fee, assuming that your entry is accepted, you will normally receive final instructions in the week prior to the event.

The final instructions usually give details of all of the entries in class and number order, which enables you to purchase your competition numbers ready for the day. They also detail the timetable for the day and where you should park on arrival, etc.

ON THE DAY

On arrival, park your car in the appropriate area and proceed to the signing on hut with your appropriate documents (MSA licence, Club card etc.). After signing on, you must then have your car checked by a scrutineer and walk the course before the first practice runs commence. It is therefore advisable to arrive early enough to allow for queues and any minor adjustments that may be necessary.

You are now ready to compete and just have to wait for your practice runs to be called before proceeding to the start. It is most important that you listen to and obey all marshals and officials on the day.

Once on the start line it is up to you, so put your foot down and go for it!

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HANDY HINTS FROM AN ENTRIES' SECRETARY AND SECRETARY OF THE MEETING

Or alternatively – What do they do?? *and* How can you help??

An Entries' Secretary does exactly what it says – they receive and process all entries for any particular meeting as well as making sure that all documentation is complete for competitors.

In making an entry to any meeting it is important that competitors complete the form correctly (whether online or hard copy), particularly:

- Enter the full details of the driver including club membership number, MSA licence number and grade and ensure that you SIGN it accordingly.

  (Note: drivers under 18 must be countersigned by a parent/guardian on the entry form and at the event.)
- The section for "entrants" is only required to be filled in by individuals/organisations that hold a separate MSA entrants' licence. If you are a driver without an entrant then only complete the driver section of the form.
- Details of your car, class entered, championships entered plus various specific questions that require answering should all be completed on the same form.
- Ensure that you send a currently dated cheque with the entry form for the amount of the entry fee. (Some clubs bank the cheques at certain times – so check the regs).
- And finally – ensure that you post the entry form or complete it online as soon as possible after the date that entries can be sent. A number of meetings are oversubscribed before the closing date for entries and the selection process is normally on a first-come first-served basis. It is therefore imperative that entries are made as soon as possible to avoid disappointment. Another way is to enter particular championships at certain venues to increase the chances of being accepted.

A Secretary of a Meeting is a formal MSA position which is required at all meetings and their responsibilities are specified by the MSA. This involves signing on all participants and ensuring all paperwork is completed correctly amongst other things. Competitors should ensure that they:

- Present themselves at the Signing-On office (or hut or whatever) with their MSA licence, club membership document and championship registration (if applicable).
- The MSA licence must be current and signed by the competitor. The secretary will check all documents and that the signature on the signing-on sheet matches the one on the licence.
- All changes to vehicles/drivers/classes must be notified to the secretary as soon as they are approved by any other meeting official (i.e. Clerk of Course or Scrutineer depending upon the nature of the change).
- The Secretary will ensure that all times and positions of competitors will be recorded and displayed and will receive any appeals or queries from competitors.
- Failure to produce a current signed competition licence could result in either exclusion from the meeting or the payment of a £67 “no licence” fee to the MSA.
- The above is a brief overview of what happens and how all competitors can help to smooth the process of organising meetings and therefore increase the enjoyment for all concerned.

Shenstone & District Car Club
Competitions Secretary is:
John Williams
40 Park Lane
Castle Donington
Derbys.
DE74 2JF
Tel: 01332 805322